

I am loved



AproDerm® supporting
Childrens' Mental Health Week

Itchii

My skin is
special



AproDerm® supporting
Childrens' Mental Health Week

Eczii

I am strong



AproDerm® supporting
Childrens' Mental Health Week

Captain Apro

I always try
my best



AproDerm® supporting
Childrens' Mental Health Week

Dermo

Emollients
are fun
to use



AproDerm® supporting
Childrens' Mental Health Week

Emolli

Instructions:

1. With an adult, use scissors to cut around the dotted lines
2. If you want, you can laminate the affirmations to make them last longer!
3. Use blu tack to put the affirmations around your house to remind yourself how amazing you are
4. Repeat the affirmations daily



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Captain Apro



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Dermo



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Emolli

Instructions:

1. Write out your own affirmations in the speech bubbles, use the page before as inspiration!
2. With an adult, use scissors to cut around the dotted lines
3. If you want, you can laminate the affirmations to make them last longer!
4. Use blu tack to put the affirmations around your house to remind yourself how amazing you are
5. Repeat the affirmations daily